

ARLINGTON RECREATION DEPARTMENT



2020 SPRING & SUMMER BROCHURE



Registration Now Open!

Online: www.arlingtonrec.com

Phone: (781) 316-3880

Walk-In: 422 Summer Street, Arlington MA

Office Hours: 8:00 am-4:00 pm, Monday-Friday

MISSION STATEMENT

Arlington Recreation, a self-sustaining Division of the Town, offers safe, quality and affordable programs and facilities for citizens of all ages and abilities. Our staff members are qualified professionals, dedicated to serving the community with excellence and pride.

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PARKS & RECREATION COMMISSION

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CONTACT US... *WE WANT TO HEAR FROM YOU!*

OFFICE INFORMATION

Phone

(781) 316-3880

Email

recoffice@town.arlington.ma.us

Address

422 Summer Street - Ed Burns Arena

WEBSITES

Registration Site

www.arlingtonrec.com

Informational Site

www.arlingtonma.gov/departments/recreation



INCLUSION POLICY

The Arlington Recreation Department is committed to creating and promoting inclusion across all public spaces, places, facilities and programs that the department manages. Through the Inclusion Policy, Mission Statement and supporting practices, we aim to ensure that everyone has access to the benefits of quality parks and recreation, including, but not limited to those who have been historically marginalized, those with a physical or cognitive disability, the LGBTQ community, racial and ethnic minorities, and new Americans, or refugees and immigrants. Arlington Recreation defines inclusion as the process of including all persons, regardless of their ethnic origin, socioeconomic level, color, language or abilities.

GENERAL INFORMATION

Registration and Payment

Please visit www.arlingtonrec.com. First time registrants will need to create a household account via our website. Please call 781-316-3880 if you experience difficulties. Phone registrations welcome! Payment must accompany all registrations. Checks payable to Arlington Recreation.

Course Confirmation

No confirmations will be sent. A participant is registered ONLY when payment is received. If at any time, there are questions regarding your household account, please log onto www.arlingtonrec.com to view your account history.

Cancellations

We reserve the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, we will make every effort to reschedule the program. If a program cannot be rescheduled, a household credit will be issued for the canceled program. All program cancellations are online at www.arlingtonrec.com.

Inclement Weather

Please visit arlingtonrec.com to receive inclement weather updates on programs. For field notifications you can sign up online for field closing notices. Field closing notices are updated by the Department of Public Works Monday through Friday before 3:00pm. It is our policy that if Arlington Public Schools close due to weather related issues, our programs will also be cancelled.

Refunds

There will be NO REFUNDS unless Arlington Recreation cancels a program. In the event that participants must cancel, a household credit request must be submitted in written form to the Director of Recreation. If you cancel after the start of a program, no credits will be given.

Special Needs

Participants with special needs are encouraged to attend all of our programs. Staff members are sensitive to their needs and will do everything possible to assist. If you are unsure if a program is the right fit please call us to discuss specifics.

Attention Parents

All program participants are encouraged to bring water and snack to the programs, however, due to increased nut allergies, please do not pack or send items containing nuts.

Program Accessibility

Please note that currently our programs are not always accessible due to architectural barriers at most of our host facilities. The Park and Recreation Commission recently completed an accessibility self-assessment of all facilities under their jurisdiction and is developing a multiyear plan to address the issues highlighted in the report. As facilities are updated and become programmatically accessible they will be highlighted as such within the brochure.

Participants Responsibility

We ask that all participants respect the staff, other participants, program equipment, facilities and age requirements when participating in programs offered by Arlington Recreation. If participants fail to cooperate with the rules, Arlington Recreation reserves the right to dismiss or suspend a participant in any program without a refund.

Financial Aid

Financial assistance may be available thanks in part to our scholarship fund and assistance we received through the Community Development Block Grant program. For eligibility information, contact the Recreation Office or download the form at arlingtonrec.com

Scholarship Fund

In order to continue offering quality programs at affordable costs, when registering, please consider donating to our scholarship fund. Arlington Recreation's goal is to never turn away a participant due to economic hardship. With your help, we will be able to continue this practice.

Volunteer Opportunities

Arlington Recreation greatly depends on volunteers to support our programs and special events. If you are interested in volunteering, there are a variety of programs available! Contact us for openings. Thank you to everyone who has already given their time and energy!

Gender Inclusive Programming

All programs within the Recreation department welcome participants to attend based on gender identity. Please feel free to contact us at 781-316-3880 to discuss any concerns or just to keep us informed. We look forward to working with you!

KID CARE PROGRAMS

Kid Care Preschool

The Arlington Recreation Department welcomes your preschooler (ages 2.9-5 years) to join us in our licensed preschool program. The Kid Care Preschool Program is located at 352 Mass Avenue. Join us as we explore many activities supporting your child's natural curiosity in an environment that encourages children's artistic, scientific, sensory, verbal and written expression. Your child will enjoy socializing with other children in a safe and welcoming environment.

The program is open to children 2.9 years old through 5 years old. Regular hours are 8:15am-12:45pm (12:00 pm-12:45pm will include a time to eat lunch or a snack provided from home and a quiet period.) You have the option to choose two to five days per week. We also plan to offer daily "Kids' Corner Enrichment Programs" from 1:00-2:00 pm which will require a separate registration.



There is a one-time enrollment fee of \$50.

The tuition payment is broken into 10 monthly payments:

\$316/month for 2 days per week

\$455/month for 3 days per week

\$594/month for 4 days per week

\$726/month for 5 days per week

Kid Care Afterschool



Arlington Kid Care, which is licensed by the Department of Early Education and Care, is located at the Gibbs School. Children will have time for playing sports and games, music and drama, weekly science experiments, arts and crafts, homework, and a caring staff. Students will also have electives to choose from throughout the year. We currently accept students (K-5) from Brackett, Dallin, Hardy and Thompson. Transportation is provided from these schools.

The program begins the first day of the school year but is not in session when Arlington Public Schools are closed. We operate from the end of the school day (including early release days) until 6:00pm. You have the option to choose two-five days per week. (There is a 2-day minimum.)

1. There is a one-time enrollment fee of \$50.
2. The tuition payment is broken into 10 monthly payments:
 - \$245/month for 2 days per week
 - \$353/month for 3 days per week
 - \$460/month for 4 days per week
 - \$562/month for 5 days per week

Arlington
Kid Care

SPECIAL EVENTS

Daughter Dance

Date: Saturday, March 21
Ages: Toddler-Middle School
Time: 5:00pm-7:00pm
Location: Ottoson Middle School
Cost: \$10 per person

Social Dance for everyone! Daughters: bring your parent, grandparent, aunt, uncle, or neighbor. You get to choose! Adults: put on your best party clothes and accompany your favorites to our social event of the year! You can buy tickets online until noon on Friday, March 20. Tickets will be available at the door.



Bunny Skate

Date: Friday, April 10th
Ages: All Ages Welcome!
Time: 11:00am-12:50pm
Location: Ed Burns Arena
Cost: \$6 for adults
\$4 for kids
\$5 skate rentals

Arlington Recreation is pleased to offer our treat giveaway! Come take your picture with Arlington's own Easter Bunny and stay for open public skate. The cost above is for skating only. Posing with our Bunny is free!



5th Grade Dance

Date: Friday, May 15
Ages: Grade 5
Time: 6:00pm-8:00pm
Location: Ed Burns Arena
Cost: \$7 online, \$10 at the door

The event of the season for all graduating 5th graders! Come celebrate with old friends - and meet new friends too! Advanced, discounted tickets for \$7/pp can be purchased online or over the phone (781-316-3880) until 3:00pm on the day of the event, just show your receipt at the door. Come rock the night with your friends and a DJ! Friend groups and super casual dress encouraged! Bring extra \$\$ for pizza and snacks.



Dog Days of Summer

Date: August 29, 2020
Time: 10:00am-2:00pm
Location: Reservoir Beach
Suggested Donation: \$5 per dog

Bring your dogs down to the Arlington Reservoir for a swim and fun in the sand! There may be residual chlorine in the water - we will have stopped treating it one week prior. All donations fund the upkeep of the Off Leash Recreation Area at Thorndike Park.

ARLINGTON TOWN DAY - SEPTEMBER 26, 2020

Town Day takes place along Massachusetts Avenue between Pleasant Street and Jason Street from 9:30 a.m. - 3:00 p.m. Please note this area of Mass. Ave. will be closed as well as access to Mass. Ave. from adjoining side streets. MBTA has rerouted its bus routes accordingly. Traffic delays are expected. Visitors are encouraged to walk to the event, if possible.

Donate to Town Day

Please help us make Town Day 2020 a success; more than ever your help is needed. Don't miss this opportunity to be part of the multitude of events, which reflect the rich tradition of Arlington.



For sponsorship and contribution opportunities, please contact: **781-316-3020** or email ***mkrepelka@town.arlington.ma.us***

To be alerted via email about updates regarding Town Day, subscribe to Town of Arlington Notices at ***arlingtonma.gov/subscriber***.

Walter V. Moynihan Run

The Town Day Road Race is being held on Saturday, September 26 at Ed Burns Arena. Enjoy this 2.7 mile course as it heads down the bike path, Mill St. and Mass Ave. An automatic timing system will be used. Registration starts at 7:30am. Race begins at 8:30am. Register prior to the event at arlingtonrec.com, or the day of the race. This event is sponsored by Cambridge Savings Bank.

Time: 8:30am start, 7:30am registration and T-shirts
 Location: Ed Burns Arena
 Cost: \$20 in advance, \$25 day of the race



APRIL VACATION PROGRAMS

Challenger Sports Soccer

Dates: Tuesday, April 21-Friday, April 24

*Ages: 3-7 years, 9:00am-12:00pm
7-13 years, 9:00am-3:00pm*

Location: North Union Field

Cost: \$174 Half-day / \$210 Full-day

Join Challenger Soccer for this energetic program that gives participants the opportunity to learn the fundamentals of soccer in a non-competitive, fun environment. Kids will participate in a variety of lessons and drills designed to familiarize them with teamwork, sportsmanship, and coordination. Participants should bring plenty of water and a lunch each day.

Kid Care - Preschool

Dates: Tuesday, April 21-Friday, April 24

Ages 2-5 years

Time: 8:00am-1:00pm

Location: 352 Mass Ave

Cost: \$40 per day (Registration is available for 1 to 4 days)

Kid Care Preschool is happy to announce a vacation program for April School Break! The program will run Tuesday, 4/16 through Friday, 4/19 from 8:00am to 1:00pm at 352 Mass Ave.

Kid Care - Grades K-5

Dates: Tuesday, April 21-Friday, April 24

Ages: Grades K-5

Time: 8:00am-6:00pm

Location: Gibbs School Cafeteria

Cost: \$75 per day. (Registration is available for 1 to 4 days)

Arlington Recreation Kid Care is happy to offer a full day program over school vacation for children in grades K-5. Program will meet in the Gibbs School Cafeteria. Space is limited! Please have your child bring a peanut free lunch and snacks. Special Activities include: field trips, sports, games, art, and science.

Sidekicks - Basketball Clinic

Dates: Tuesday, April 21-Friday, April 24

Ages: Grades 2-6

Location: Gibbs School

Half Day Program: 9:00am-12:00pm / Cost: \$165

Full Day Program: 9:00am-3:00pm / Cost: \$225

The Sidekick Sports Academy Basketball Clinic provides children the opportunity to experience the highest standard of coaching in a fun environment. Our professional coaches will teach fundamentals and how to succeed in basketball.

Prizes and Awards will be given daily through the theme of a jr. NBA tournament! In keeping standings throughout the week, coaches will keep teams as balanced as possible, providing for the best possible experience for all players.

Sidekicks - Soccer

Dates: Tuesday, April 21-Friday, April 24

Ages: 6-12 years

Location: Hill's Hill

Half Day Program: 9:00am-12:00pm / Cost: \$165

Full Day Program: 9:00am-3:00pm / Cost: \$225

The Sidekick Soccer Vacation Clinic provides children the opportunity to experience the highest standard of coaching in a fun environment. Our professional coaches will teach fundamentals and how to succeed in soccer. Prizes and awards will be given daily. In keeping standings throughout the week, coaches will keep teams as balanced as possible, providing for the best possible experience for all players.

Tennis Vacation Week Program

Dates: Monday, April 20-Friday, April 24

Ages: 5-6 years: Beginner (1.5 hour program only)

7-9 years: Beginner/Advanced Beginner

10-16 years: Beginner/Advanced Beginner

10-16 years: Intermediate/Advanced

Times: 9:00am-10:30am (ages 5-6)

9:00am-12:00pm (ages 7 and older)

Location: Spy Pond Courts

Costs: \$129 for 1.5-hour / day program

\$249 for 3-hour / day program

An always popular program, structured like our Junior Summer Tennis! A week full of tennis drills, games and FUN! Matt Siegel and his staff of AHS players will run this program.

Viking Sport Clinic

Dates: Tuesday, April 21-Friday, April 24

Ages: Grades 1-5

Time: 9:00am-3:00pm

Location: Ottoson Lower Gymnasium

Cost: \$210

Viking's Multi-Sport program will have your children running around all day! Our program has a fun variety of sports including soccer, basketball, baseball, flag football, dodge ball, kickball, capture the flag, floor hockey, team handball, watermelon, reindeer tails, and many other sports, gym games, and activities. All participants receive a Viking t-shirt and trophy.

SPRING PRESCHOOL PROGRAMS

Super Soccer Stars

Dates: Sunday, April 19-June 28

<u>Ages:</u>	<u>Time:</u>
1-2	8:30am-9:15am
3-4	9:20am-10:05am
2-3	10:10am-10:50am
4-5	10:55am-11:45am
5-7	11:50am-12:50pm

Location: Ottoson Lower Field

Cost: \$250

At SSS, our goal to teach soccer skills in a fun, educational environment. Our philosophy is to use soccer to nurture, build self-confidence, and develop teamwork. Our curriculum uses positive reinforcement and a low child-to-coach ratio to ensure that each child improves at their own rate while having fun. Summer programming is also available. Please visit our website for dates & times.



Amazing Athletes

Dates: Saturdays, April 18-June 27

<u>Ages:</u>	<u>Time:</u>
3-4	9:00am-9:45am
2-3	9:50am-10:30am
4-5	10:35am-11:25am

Location: Ottoson Lower Field

Cost: \$250

Our fun, active classes encourage kids to explore and develop a variety of athletic skills through the introduction of 10 different sports. Coaches break the fundamental of each sport down into simple steps based on each child's age and ability. The goal is to create a fun environment that establishes lifetime connections to sports and physical activity.

TinyTykes Soccer

Ages: 2-5 years

Day/Dates: Saturdays, April 25-June 6

Times: 11:00am-12:00pm or 12:15pm-1:15pm

Day/Dates: Sundays, April 26-June 7

Times: 4:15pm-5:15pm or 5:30pm-6:30pm

Location: Thorndike

Cost: \$110

Our soccer experts and child development professionals have designed a curriculum that introduces your young soccer stars to the basic skills needed in soccer as well as developing their motor, social, and psychological skills.

Viking T-ball

Dates: Mondays, April 27-June 1

Ages: 4 & 5

Time: 2:45pm-3:30pm

Location: McClennen

Cost: \$100

Participants will be divided into teams randomly each week. Sessions will cover the basics of throwing, catching, fielding, batting and base-running. Soft, safe baseballs will be used. Scoring or outs will not be kept. Please bring a glove and water. Program will not run in inclement weather.



Little Dragons Karate

Dates: Fridays, May 1-June 12

Ages: 3-4 years

Time: 4:45pm-5:15pm

Location: Gibbs Gym

Cost: \$198

One of the best karate programs in the country taught by four-time world champion Steve Nugent. These classes teach proper stances, breathing, stretching, discipline, confidence and practical self-defense. This class also underlines the importance of nutrition, exercise, fire safety and stranger awareness. All uniforms are included in the class fee.

SPRING PROGRAMS

Archery

Dates: Mondays, May 4-June 8

Ages: 9-14

Time: 3:30pm-5:00pm

Location: Menotomy Rocks Park (Jason St. Entrance)

Cost: \$150

During this five-week program, participants will learn to shoot a bow and arrow Archery USA in the Junior Olympic archery development program. Classes are taught by a certified archery instructor. All equipment is provided. Students will progress at their own pace.



Badminton—Youth Games

Dates: Mondays, March 30-June 15

Ages: 18 and under

Times: 6:20pm-7:10pm

Location: Dallin School

Cost: \$115

Badminton is a fast, fun, and social game that can be played and enjoyed by people of all ages. Even if you are new to badminton, you will quickly learn the basics and join others in exciting games. Indoor badminton is more fun, more exciting, and more energetic than the "backyard badminton" that most Americans are familiar with. Shuttlecocks will be supplied. Some racquets will be available for use.

Badminton - Just Families

Dates: Tuesdays, March 31-June 9, 6:20pm-7:10pm

Thursdays, April 2-June 11, 6:20pm-7:10pm

Ages: All families welcome!

Location: Dallin School

Cost: \$220 (for 2 people)

This session is structured for families to play with their children. One court is dedicated to adult players returning to the game. Chauncy Liu will assist with playing techniques and join in family games with some coaching. This session is very popular and fills quickly.

Basketball Clinic for Girls

Dates: Sundays, March 15-April 26

Time: Grades 1-3, 4:00pm-5:30pm

Grades 4-8, 5:30pm-7:00pm

Location: Gibbs School

Cost: \$125

This clinic will emphasize fundamental instruction in small group sessions to improve the knowledge and skill of each player while providing an enjoyable learning experience, and providing life lessons in sportsmanship, leadership and self awareness.

Fencing

Session 1: Thursdays, May 28-June 18

Session 2: Thursdays, July 30-August 20

Times/Ages: 6:00pm-7:15pm, Ages 7-11

Times/Ages: 7:15pm-8:30pm, Ages 12 & up

Location: Thompson School Gym

Cost: \$100

Join us for this exciting sport, one of the fastest growing in the world! The program is designed to teach fencing through activities, games, and exercises that develop coordination, flexibility, and focus. We supply all fencing gear. A complementary, noncompetitive membership is included. The instructor is Michael Tarascio, a former member of the United States World Championship Team in Men's Foil. For more info, please contact Michael at michael@nefencing.com.

Little Ninjas Karate

Dates: Fridays, May 1-June 12

Ages: 5-7 years, 5:15pm-6:00pm

Ages: 8 and up, 6:00pm-6:45pm

Location: Gibbs Gym

Cost: \$198

One of the best karate programs in the country taught by four-time world champion Steve Nugent. These classes teach proper stances, breathing, stretching, discipline, confidence and practical self-defense. This class underlines the importance of nutrition, exercise, fire safety and stranger awareness. All uniforms are included in the class fee.



SPRING PROGRAMS

Premier Hoops Mixed Skills Clinic

Spring 1: Mondays, March 16-April 13

Spring 2: Mondays, May 4-June 8

*Ages/Times: 6:00pm-6:55pm, Grades K-3
7:00pm-7:55pm, Grades 4-7
8:00pm-8:55pm, Grades 8-12*

Location: Gibbs School Gym

Cost: \$115

Looking to completely elevate your game, while having a lot of fun? Our elite summer basketball clinics will transform your child's skills, basketball IQ and game-shape endurance! Each week our pro & D1 instructors will spend individual time with your child to help them improve their skills, technique, and confidence. This clinic will focus on ball-handling, passing, finishing and of course scrimmaging!



Premier Hoops Shooting Skills Clinic

Spring 1: Thursdays, March 19-April 30

Spring 2: Thursdays, May 7-June 4

*Ages/Times: 6:00pm-6:55pm, Grades K-3
7:00pm-7:55pm, Grades 4-7
8:00pm-8:55pm, Grades 8-12*

Location: Gibbs School Gym

Cost: \$100

Looking to completely elevate your game, while having a lot of fun? Our elite summer basketball clinics will transform your child's skills, basketball IQ and game-shape endurance! Each week our pro & D1 instructors will spend individual time with your child to help them improve their skills, technique, and confidence. This clinic will focus on shooting skills and scrimmaging!

Sidekicks - Afterschool Basketball

Dates: Wednesday, April 8-May 13

Ages: Grades K-5

Time: 3:00pm-4:00pm

Location: Dallin School Outdoor Courts

Cost: \$105

Sidekick Sports Academy and its USA Basketball Certified instructors professionally coach this program. These energetic sessions will provide children the opportunity to learn the fundamentals for success. This will be done using small-sided games and feature a session-long jr. NBA tournament. Please note, this program will be using outdoor facilities. In the event of inclement weather, the program will be cancelled.

Sidekicks - Afterschool Flag Football

Dates: Tuesdays, April 7-May 12

Ages: Grades K-5

Time: 1:30pm-2:30pm

Location: Hill's Hill

Cost: \$105

Sidekick Sports Academy - and its Boston Flag Football Association division - welcome you to play football with the same fitness and competitive benefits of tackle football, but with less risk of injury! In partnership with NFL Flag, the country's most recognizable youth flag football program, professional coaches have fun and challenging activities that include 5v5 games every session with a season-ending Super Bowl. Please note, this program will be using outdoor facilities. In the event of inclement weather, the program will be cancelled.



SPRING PROGRAMS

Sidekicks - Afterschool Soccer

Dates: Tuesdays, April 7-May 12

Ages: Grades K-5

Time: 1:30pm-2:30pm

Location: North Union

Cost: \$105

Sidekick Sports Academy would like to offer your children the chance to develop their soccer skills. These clinics will focus on teaching a number of age-appropriate technical skills. We will use fun, small-sided games and feature unique trainings finished off with a mini World Cup Tournament! Please note, this program will be using outdoor facilities. In the event of inclement weather, the program will be cancelled.



Ultimate Frisbee

Dates: Tuesdays & Fridays, April 14-June 12

Ages: Grades 6-8

Time: 3:00pm-4:30pm

Where: McClennen Football Field

Cost: \$110 for 1 day / \$200 for both days

The focus of the program is on skill development, sportsmanship, and Spirit Of The Game, the foundation of Ultimate which places the responsibility of fair play on every member of the team. No previous experience required. Ultimate is one of the fastest growing sports in the world today, especially in the Boston area. Learn the basic rules & skills necessary to play in high school, college, and beyond. For more information about Ultimate, visit <http://www.usultimate.org/rules/>. Spring 2020 games will be scheduled with surrounding towns.



Skyhawks HoopsterTots

Dates: Wednesdays, 4/8-5/20

Ages:

Time:

2-3.5

3:15pm-4:00pm

Grasshoppers

3.5-4

4:15pm-5:00pm

Froggies

4-5

5:15pm-6:00pm

Rabbits

Cost: \$110

Where: Summer St. Outdoor Court

HoopsterTots is a fun class that focuses on dribbling, shot technique, passing and team work. Adjustable hoops and appropriately-sized basketballs are used to always provide just the right amount of challenge.

Track & Field

Dates: Wednesdays, May 13-June 10

Ages: Grades K-5

Time: Grades K-1, 5:30pm-6:30pm (May 13-June 3)

Grades 2-5, 6:30pm-7:30pm (May 13-June 3)

Meet for K-5, 5:00pm-8:00pm (June 10)

Location: AHS Track

Cost: \$105

Join us for instruction in running and field events for youngsters! This program is a great way to burn off that extra energy while introducing kids to the sport of track and field. Participants will learn sprinting (55m, 100m, 200m, 400m) as well as the long jump and softball throw. Program not held in inclement weather.



ADULT PROGRAMS

Badminton - Adult Doubles

Dates: Mondays, March 30-June 15

Tuesdays, March 31-June 9

Thursdays, April 2-June 11

Times: 7:10pm-9:50pm

Location: Dallin School

Cost: \$110

Play is almost exclusively doubles, but there are not regular partnerships. Instead a "Ladder System" is used to arrange even strength matches, as well as to diversify partnerships throughout the evening. Three courts are available. There is no coaching; however Chauncy Liu as well as other experienced players from the Winchester Club will be playing with the group.

Fencing

Session 1: Thursdays, May 28-June 18

Session 2: Thursdays, July 30-August 20

Times: 7:15pm-8:30pm

Location: Thompson School Gym

Cost: \$100

Join us for this exciting sport, one of the fastest growing in the world! The program is designed to teach fencing through activities, games, and exercises that develop coordination, flexibility, and focus. We supply all fencing gear. A complementary, noncompetitive membership is included. The instructor is Michael Tarascio, a former member of the United States World Championship Team in Men's Foil. For more info, please contact Michael at michael@nefencing.com.



Pickleball - Drop Ins

Dates: Tuesdays, 4/7-6/16

Times: 6:30pm-8:30pm

Location: Hardy School Gym

Cost: \$5

Drop-in Pickleball @ the Hardy School Gymnasium! \$5 due upon arrival (cash or check only please!). The Hardy School is located at 52 Lake St. in Arlington. Nets and some equipment provided - but feel free to bring your own.

Tai Chi

Dates: Saturdays, May 2-June 20

Times: 9:15am-10:15am

Location: Menotomy Rocks Park - Green Space

Cost: \$75

Tai Chi is meditation in motion.

It is the practice of moving calmly with awareness and ease. Experience firsthand the mind/body benefits of tai chi and qi gong training in the natural setting of Menotomy Rocks Park. Sessions will include rejuvenating qi gong (energy work) exercises and meditations, the introductory Yang Style Tai Chi 8 Movement Form and 24 Movement Form basic drills.

Instructor Joshua Grant is a 2X US National Wu Shu Tai Ji Gold Medalist and a former member of the US National Wu Shu Team, US National Tai Ji Team and US Pan Am Team. His Tai Ji instructional series was #4 on Billboard's Top Fitness videos. He is also the author of Tai Chi for Wimps. Joshua has taught Tai Ji and Wu Shu for over 35 years.

Joshua is the owner of the Boston Kung Fu Tai Chi Institute in Boston's Back Bay and www.taichi.com with available on-line classes.



Walk the Rink

Dates: Tuesdays & Thursdays, May 12-June 11

Times: 9:00am-10:30am

Location: Ed Burns Arena

Cost: Free

The roads and paths are finally clear...just in time for the humidity to arrive. Ugh! Come by the rink with friends to catch up and get a little exercise. The rink is about 170 meters per lap, approximately 11 laps is equal to 1 mile. For more information on this program, please contact Health & Human Services at (781) 316-3400.

TENNIS PROGRAMS FOR ALL AGES

We offer top-quality recreational tennis programs for Juniors and Adults. Run by Graham Community Tennis, LLC (GCT), serving Arlington since 2008. All programs are under the administration of Gordon Graham and his certified professional staff. Gordon, coached college tennis for 35 years at Harvard, Pacific and Albany, and coached the AHS boys' tennis team (2009-11). He is also the founder of The Tennis Camps at Harvard.

The Junior programs will be under the supervision of Matt Siegel, B.A., AHS boys' tennis coach, a certified USPTA tennis professional and long-time Associate Director of GCT. He will often be assisted by current or recently-graduated AHS tennis team members.

The Adult programs will be run by Steve Baccari, M.S., MBA, a coach certified by the USPTA and the Great Base Initiative. Steve is in his third year teaching Adult programs for GCT. His classes are very popular and almost always sell out.

The GCT philosophy for building this high energy, community-based tennis program is to offer a FUN and SAFE learning environment run by staff who are chosen for their ability to work well with children and/or adults in a positive, reinforcing manner. Our tennis instruction is based on scientific principles. We believe in teaching strategy and tactics as well as proper technique from the outset with our juniors and adults.

In all GCT programs, we reserve the right to move players to different groups to make the best fit for all enrollees. In case of inclement weather, all enrollees will be notified of class cancellation by email and given makeup options.

Many of our classes SOLD OUT last year, so sign up early!

Junior Tennis Spring Programs

Dates: Saturdays, April 4-May 30

Times: 5-6 years, 9:00am-9:50am

7-9 years, 10:00am-10:50am

10-12 years, 11:00am-11:50am

Location: Spy Pond Courts

Cost: \$139

These programs will give participants a successful jump start into the game. We emphasize FUN and use a lot of games and drills to teach the age-appropriate basics of tennis. Matt Siegel will head up this program, with experienced teachers Bella Pajevic and Matt Johnstone assisting.

Spring Middle School Club Tennis for Beginners and Advanced Beginners

Dates: Mondays, April 6-June 1 AND/OR

Thursdays, April 9 - May 28 AND/OR

Saturday, April 11-May 30

Grades: 6-8

Times: 5:30pm-6:50pm Mon/Thurs, 9:00am-10:20am Sat

Location: Spy Pond Courts

Cost: \$199 for one-day/week; \$369 for two-days/week; \$499 for three-days/week

This entry level program is for beginners and advanced beginners. It emphasizes the "team" aspect of tennis and gives players a fun, social experience learning this great game. Club Tennis is the way to go for this age group!

Spring Middle School Club Tennis for Intermediate and Advanced Players

Dates: Saturday, April 4-May 30

Grades: 6-8

Times: Saturdays, 10:30am-11:50am

Location: Spy Pond Courts

Cost: \$199

This program is intended for experienced players who may also be planning on playing for their high school team. Headed by Matt Siegel, AHS Boys' tennis coach, this program will help players improve their skills and their strategy while emphasizing the "team" aspect of tennis. Club Tennis is the way to go for this age group!

Spring Junior Vacation Week Program

Dates: Mon-Fri, April 20-24

Ages: 5-6 year old -Beginner (1.5 hour program only)

7-9 year old -Beginner/Advanced Beginner

10-16 year old -Beginner/Advanced Beginner

10-16 year old -Intermediate/Advanced

Time: 9:00am – 10:30am (ages 5 –6) or

9:00am – 12:00noon (ages 7 and older)

Location: Spy Pond Tennis Courts

Cost: \$129 for 1.5-hour/day program, \$249 for 3-hour/day program

An always popular program, structured like our Junior Summer Tennis Weeks Program! Five days of tennis drills, games and FUN! Matt Siegel and his staff of AHS players will run this program.

TENNIS PROGRAMS FOR ALL AGES

Spring Adult Beginner Class

Dates: Thursdays, April 30-June 4

Ages: Adults, 18 and older

Time: 8:00-8:50pm

Location: Grove Street Courts

Cost: \$99

This program is for the person who is just starting out and wants to learn tennis quickly. We will teach you basic technique and strategies.

Spring Adult Advanced Beginner Class

Dates: Thursdays, April 30-June 4

Ages: Adults, 18 and older

Time: 7:00-7:50pm

Location: Grove Street Courts

Cost: \$99

If you have played a bit and want to improve your technique and strategy, or if it has been a few years since you last played... give this a try!

Spring Adult Intermediate Class

Dates: Thursdays April 30-June 4

Ages: Adults, 18 and older

Time: 6:00-6:50pm

Location: Grove Street Courts

Cost: \$99

If you have played a few years and you want to learn better strategy, tactics and technique ... we will help you ramp up your game!

Summer Adult Beginner Class

Session 1: Tuesdays, June 9-July 14

Session 2: Wednesdays, July 22-August 26

Ages: Adults, 18 and older

Time: 8:00-8:50pm

Location: Grove Street Courts

Cost per session: \$99

This program is for the person who is just starting out and wants to learn tennis quickly. We will teach you basic technique and strategy.

Summer Adult Advanced Beginner Class

Session 1: Tuesdays, June 9-July 14

Session 2: Wednesdays, July 22-August 26

Ages: Adults, 18 and older

Time: 7:00pm-7:50pm

Location: Grove Street Courts

Cost: \$99 per session

If you have played a bit and want to improve your technique and strategy, or if it has been a few years since you last played... give this a try!

Summer Adult Intermediate Class

Session 1: Tuesdays, June 9-July 14

Session 2: Wednesdays, July 22-August 26

Ages: Adults, 18 and older

Time: 6:00-6:50pm

Location: Grove Street Courts

Cost: \$99 per session

If you have played for a few years and you want to learn better strategy, tactics and technique...we will help you ramp up your game!

Summer Junior Tennis Weeks Program

Dates: See chart below

Ages: 5-6 years (Beginner), 9:00am-10:30am

7-9 years (Beginner/Adv. Beginner), 9:00am-12:00pm

10-16 years (Beg/Adv. Beginner), 9:00am-12:00pm

10-16 years (Intermediate/Adv.), 9:00am-12:00pm

Cost: \$129 per week for ages 5-6 program

\$249 per week for ages 7 & up program

Location: Spy Pond Courts

Like our Spring Vacation Week Program, these weeks will feature lots of tennis, drills, games and FUN! Great staff! And... "FUN FRIDAYS"! Matt Siegel and staff will run this program.

Junior Tennis - Summer Session Dates

June 8-12	July 20-24
June 15-19	July 27-31
June 22-26	August 3-7
June 29-July 3	August 10-14
July 6-10	August 17-21
July 13-17	August 24-28



ARLINGTON RESERVOIR

Reservoir Beach:

Located on Lowell St. in Arlington Heights, the Reservoir Beach includes a filtered, chlorinated swimming area, bathhouse, concession stand and playground. The beach is supervised by certified lifeguards and other beach staff while open. Only U.S. Coast Guard lifesaving devices are allowed. Everyone over one (1) year of age must display tags to the gate attendant to be admitted to the beach area. Reservoir Beach is open to residents and non-residents.

2020 Beach Dates:

Dates: June 13 through August 23, 2020—Dates subject to change due to construction

Hours: 10:00am-7:30pm

Starting August 1, we will be open 10:00am-7:00pm



How to Get Beach Tags:

Arlington Recreation will be selling bands starting on March 1. Beach tags can be purchased online at arlingtonrec.com (tags picked up at the beach); in person at the Recreation Office during office hours, or at the beach once it is open.

Daily Fees:

\$5 per person over the age of one (1).

Season Beach Tags:

Individual:	\$50 Adult (Ages 18 years and over)
	\$35 Children (Ages 1-17 years)
	\$35 Seniors (Ages 60 years and over)
Family Tags:	\$145 (includes 2 adults & 2 children)
	\$20 for each additional child

American Red Cross
Swim Lessons
are coming to the Res!

Stay tuned for dates, times
& descriptions for our Summer Swim
Lessons.

www.arlingtonrec.com



MULTI-WEEK SUMMER PROGRAMS

Dates for Club Rec

Week 1: 6/29-7/2

Week 2: 7/6-7/10

Week 3: 7/13-7/17

Week 4: 7/20-7/24

Week 5: 7/27-7/31

Week 6: 8/3-8/7

Week 7: 8/10-8/14

Week 8: 8/17-8/21



Club Rec: Entering K-6

Ages: Entering K-6 in Fall 2020

Time: 9:00am-3:00pm

Optional AM Care: 7:30am-9:00am

Optional PM Care: 3:00pm-6:00pm

Cost: \$195 per week for Club Rec (\$120 for week 1)

\$220 per week for Super Sports (\$132 for week 1)

\$220 per week for Theatre (\$132 for week 1)

\$50 per week for AM Care (\$30 for week 1)

\$100 per week for PM Care (\$60 for week 1)

Location: Dallin School

There is something for everyone! Each day includes water activities at Arlington Reservoir or other water parks, science and nature, sports and games, arts and crafts, and more. Child-to-counselor ratio is approximately 10:1. Space is limited, early registration is encouraged.



Super Sports at Club Rec

Super Sports is for Grades 1-6 only. If you like Club Rec but want the emphasis to be on sports and games rather than participate in some of the other morning activities then this newer program is for you!



Theatre at Club Rec

Watch as you children blossom and shine! The performers will be working on their production 9:00am-12:00pm and will join Club Rec in the afternoon for swimming, fun and games at the Arlington Reservoir or Thompson Spray Park. Theatre at Club Rec culminates with a performance of our new work for friends and family on the final day each week.



Club Rec CIT - Counselor in Training

Session I: June 29-July 2 & July 6-10 (x7/3)

Session II: July 13-17 & July 20-24

Session III: July 27-31 & August 3-7

Session IV: August 10-14 & August 17-21

Ages: Entering Grades 8-10

Time: 9:00am-3:00pm

Cost: \$160 per session (\$144 for session 1)

Location: Dallin School

Help out at Club Rec and develop leadership and self-esteem while learning how to work with young children and plan/execute program activities. Program is available in two week sessions.

MULTI-WEEK SUMMER PROGRAMS

Dates for Kids Corner

Week 1: 6/29-7/2	Week 5: 7/27-7/31
Week 2: 7/6-7/10	Week 6: 8/3-8/7
Week 3: 7/13-7/17	Week 7: 8/10-8/14
Week 4: 7/20-7/24	Week 8: 8/17-8/21



Kids Corner: Preschool Summer Program

Ages: 2.9-5 years by June 28, 2020

Time: 8:30am-12:00pm

Optional AM Care: 7:30am-8:30am

Optional PM Care: 12:00pm-2:00pm

Cost: \$120 per week (\$72 for week 1)

\$30 per week for AM care (\$18 for week 1)

\$55 per week for PM care (\$33 for week 1)

Location: Kid Care Preschool, 352 Mass Ave.

Calling all preschoolers to come and enjoy a fun and exciting summer experience in a loving and caring atmosphere. Explore and discover new friends, activities, and adventure. Participants will enjoy non-competitive games, water fun, crafts, songs, outdoor play, and preschool activities held indoors and out. The children will enjoy many opportunities to develop social skills such as cooperation and sharing. They will enjoy getting to know one another in the age-appropriate environment provided.

Participants will enjoy choosing from a variety of planned activities each day.

Experienced, trained counselors will supervise activities outdoors on our large playground and extensive indoor areas. When outdoors, children will enjoy playing in the water, having art activities and exploring some of nature's wonders as well as picnics outdoors.

When indoors, participants will be in a safe, supportive atmosphere that encourages learning, excitement, and exploration, arts and crafts, and enjoy special entertainment.

You must provide a daily snack and lots of fluids.

Space is limited early registration is encouraged.

Summer Exploration

Ages: 10 - 14

Week 1: July 6-10

Week 2: July 13-17

Week 3: July 20-24

Week 4: July 27-31

Week 5: August 3-7

Week 6: August 10-14

Week 7: July 17-21

Time: 8:00am-4:00pm

Location: Meet at the Ed Burns Arena

Cost: \$395 per week

Each week, participants will enjoy a day at Water Country OR Canobie lake, hiking and a beach day. We will round out the week with other activities such as high ropes climbing, paintball, escape the room, Kimball's farm or go-carting. Rainy weather? No problem! We'll also add in indoor fun like bowling and roller-skating! Each week will include a theme park, hiking and a beach day. Space is limited! Check out our website for our trip details. Please note, trips are subject to change if necessary.



SUMMER PROGRAMS

H.R.C. Summer Experience - Health, Recreation, Community Safety

Dates: Wednesday, June 24-Friday, June 26

Ages: Entering Grades 1-6

Times: 9:00am-3:00pm

Location: Dallin Elementary School

Cost: \$125

The Arlington Recreation Department, Arlington Police Department, Arlington Fire Department and Arlington Youth Health & Safety Coalition are collaborating on this very special summer program offering. The program includes a variety of fun and educational sports and games, art and crafts, public safety awareness, health and fitness, and swimming/water play. Staff from all four departments will run programs such as finger printing and forensics, substance abuse prevention activities, and emergency vehicle day.



Arlington-Belmont Crew Youth "Learn to Row"

Check website for session dates

Ages: Grades 8-10

Times: 10:00am-12:00pm

Where: Spy Pond Boat Ramp

Cost: \$250

Join the Arlington-Belmont Crew Team coaches as you learn and enjoy this up and coming sport. Rowing is a great way to enjoy the outdoors and condition yourself at the same time.

Menotomy Golf

Session 1: Tuesday, June 25-Thursday, June 27

Session 2: Monday, July 1-Wednesday, July 3

Ages: Grades 6-9

Time: 8:00am-1:00pm

Location: Meet at Arlington Recreation

Cost: \$255

The Menotomy Golf Program is back! Each day, participants will travel in the Recreation van to a local golf course to play a 9-holes of golf! Registrants must have previous golf experience and their own clubs to participate. Program will not meet in heavy rain. Space is limited to 13 people.

Challenger International Soccer Camp

Session 1: Monday-Friday, July 13-17 at McClennen

Session 2: Monday-Friday, August 3-7 at McClennen

Session 3: Monday-Friday, August 24-28 at McClennen

<u>Ages:</u>	<u>Time:</u>	<u>Cost:</u>
2-5	8:00am-9:00am	\$110
6-14	9:00am-12:00pm	\$181
7-14	9:00am-3:30pm	\$254

Challenger Sports is combining the most popular elements of their two existing industry-leading camp programs, British Soccer and TetraBrazil integrating them into a collection of the most effective soccer practices used by youth teams around the world. The new Challenger International Soccer Camp reflects the truly global nature of the sport today and provides young players with a wide variety of coaching styles, practices, and influences that will help them develop a well-rounded skill set. We have taken the best coaching methodologies and practices from England, Brazil, Spain, USA and France and have woven them together in a multi-faceted on and off field coaching experience.

Challenger Next Level Soccer

Dates: Monday-Friday, July 20-24

Location: McClennen

<u>Ages:</u>	<u>Time:</u>	<u>Cost:</u>
10-18	9:00am-12:00pm	\$234
10-18	9:00pm-3:30pm	\$324

Soccer at all levels is increasingly being played at greater speeds. Players must be quicker & controlled on and off the ball and must be able to think faster and make split-second decisions. The Next Level method includes speed of play, fast foot skills, first touch, advanced techniques, freestyle, strength & conditioning, attacking moves, finishing, and small-sided games. Players attending must be committed to wanting to improve and must be prepared to push themselves beyond their comfort zone.

Challenger Soccer—GK Icon

Dates: Monday-Friday, July 20-24

Location: McClennen

<u>Ages:</u>	<u>Time:</u>	<u>Cost:</u>
10-18	9:00am-12:00pm	\$234
10-18	9:00pm-3:30pm	\$324

GK Icon is the leading provider of professional goalkeeper training globally and prides itself on maximizing the potential of all young and developing goalkeepers aged 8-18. Advanced training techniques for male and female players are invited to attend these programs.

SUMMER PROGRAMS

Premier Hoops Basketball

Week 1: June 29-July 2

Week 2: July 27-30

Ages: 7-14

Time: 8:30am-12:30pm

Location: AHS Red Gym

Cost: \$215

The best workouts of the summer in Arlington, MA!

Looking to completely elevate your game, while having a lot of fun? Our summer basketball camps in Arlington, Ma will transform your child's skills, basketball IQ and game-shape endurance! Each week our Pro & D1 instructors will spend individual time with your child to help them improve their skills, technique, and confidence.



Recreation Hockey and More

Session 1: August 3-7

Session 2: August 24-28

Ages: Grades 2-6

Times: 9:00am-12:00pm OR 9:00am-3:00pm

Location: Ed Burns Arena/Summer St. Field

Cost: Half Day: \$225 / Full Day: \$295

This program will offer participants 2 1/2 hours of on ice instruction & games with the rest of the day playing other fun sports and activities outdoors. Ice time will run during the morning part of the program. Full day participants should bring lunch, snack, water, sunscreen and appropriate clothing. Afternoon off-ice activities may include swimming at Reservoir Beach and games at Summer Street Fields. *Participants must have full hockey equipment including helmet with face mask and should have played at least one year of organized hockey.*

Sidekick Flag Football Summer Clinics

Dates: July 20-24

Ages: 6-14

Times: 9:00am-12:00pm

Location: Hill's Hill

Cost: \$165 half day

Sidekick Sports Academy - and its Boston Flag Football Association division - welcome you to play football with the same fitness and competitive benefits of tackle football, but with less risk of injury! In partnership with NFL Flag, the country's most recognizable youth flag football program, professional coaches have fun and challenging activities that include 5v5 games every session with a season-ending Super Bowl!

Sidekick Soccer Summer Clinics

Session 1: June 22-26

Session 2: July 13-17

Ages: 6-14

Times: 9:00am-12:00pm or 9:00am-3:00pm

Location: Hill's Hill

Cost: \$165 half day / \$225 full day

Sidekick Sports Academy would like to offer your children the chance to develop their soccer skills. These clinics, professionally coached since 2012, will focus on teaching a number of age-appropriate technical skills. We will use fun, small-sided games and feature unique trainings, finished off with a mini World Cup Tournament!

Sidekick Summer Basketball Clinic

Dates: July 20-24

Ages: 6-14

Times: 9:00am-12:00pm or 9:00am-3:00pm

Location: AHS Red Gym

Cost: \$165 half day / \$225 full day

Sidekick Sports Academy and its USA Basketball Certified instructors professionally coach this program. These energetic sessions will provide children the opportunity to learn the fundamentals for success. This will be done using small-sided games and feature a session-long jr. NBA tournament!

Sidekick Track and Field

Session 1: July 27-31

Session 2: August 10-14

Ages: 6-14

Location: Hurd Field

Cost: 9:00am-10:30am / \$125

Cost : 9:00am-12:00pm / \$165

Sidekick Sports Academy and its USA Track & Field instructors professionally coach this program. We combine technical development and fundamental techniques with safety and a major focus on fun! Our activities prepare athletes for cross-country and track and field through events, distance running, while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are all covered in this unique program. Athletes will put it all together at the end of the week at the Sidekick jr. Olympics!



SUMMER PROGRAMS

Speed, Strength and Agility

Session 1: July 6-9

Session 2: August 10-13

Ages: Entering Grades 7-12

Time: 9:00am-11:00am

Location: AHS Track

Cost: \$95 per session or \$175 for both sessions

Programs will be personalized by age, gender and sport. All levels are welcome; this program is to advance your skills and performance. Safety, proper form, and improvement are the main objectives. Students must provide coaches with a copy of a current physical indicating that they are eligible to participate. Program run by Matt Cooney. Meet at Peirce Field turf behind Arlington High School on the first day of each session.

Spy Ponder Volleyball

Dates: August 10-14

Ages: Entering Grades 6-12

Time: 9:00am-3:00pm

Location: AHS Red Gym

Cost: \$220

Led by Liz Morris, AHS Boys Varsity Volleyball and AHS Girls Varsity Volleyball Coach, Spy Ponders Volleyball will provide players with the fundamental skills of the sport. Coaches will provide instruction in serving, passing, setting, hitting, blocking, and defense. We will focus on individual skills to make each person a better volleyball player! We will pay special attention to offense and defense which will lead to team-building activities. We want to give every student to have a chance to experience what it means to be part of a team and to be a great volleyball player.

Swishtown Basketball

Dates: August 24-28

Ages: Grades 2-9

Times: 9:00am-3:00pm

Location: AHS Red Gym

Cost: \$225

At Swish Town players will learn the traditional ball handling, shooting, rebounding, and defensive skill, but we will also begin to develop advanced individual moves and build on each player's basketball IQ. The 4-day clinic will consist of drills, games, contests, guest speakers, and lots more. Every player will also receive a Swish Town t-shirt. If you are looking for a fun basketball clinic experience Swish Town is the clinic for you.

Viking Multi-Sports Camp

Dates: August 24-28

Ages: 5-12

Time: 9:00am-3:00pm

Location: Ottoson Middle School Upper Field

Cost: \$225

Viking's Multi-Sports Summer Camps are a fun variety of sports including soccer, basketball, baseball, flag football, dodgeball, kickball, capture the flag, floor hockey, team handball, watermelon, reindeer tails, and many other sports, gym games, and camp activities. Our goal for every camper is to make sure they have the most fun ever in a safe environment. No screens. Just lots of sports, games, running around, and tons of fun! At all of our Multi-Sport Camps, the week concludes with Tournament Day! All Viking campers will receive a Viking T-shirt and trophy! For more information, please visit <https://www.vikingcamps.com/viking-programs/summer-camp/>



Viking Ninja Warrior Camp

Dates: August 31-September 4

Ages: 7-12

Time: 9:00am-3:00pm

Location: Ottoson Middle School Upper Field

Cost: \$270

Your kids will stay active at the Viking Ninja Warrior Camp! This high energy camp is where Boot Camp meets Ninja Warrior. At these camps, kids engage in a variety of activities that improve cardiovascular fitness, strength, and agility. During each day, kids will learn and practice specific sets of exercises that will help them tackle the Viking Ninja Warrior obstacle course at the conclusion of each day. Athletes will find themselves leaping from the ascending plyo-boxes, bounding between quintuple steps, and even scaling the wall located in our ENORMOUS obstacle bounce house! Fitness is made fun by supportive coaches who engage the campers ensuring everyone stays on task and improves.

SUMMER PROGRAMS

Skyhawks STEM & Play: Basketball and Soccer

Dates: Mon-Fri, 7/13-7/17

Ages: 7-12

Time: 9:00am-12:00pm

Location: Summer St. Field

Cost: \$189

STEM Sports Basketball programs educate kids on various topics including shoe design, velocity, acceleration, tracking with technology and more! STEM Sports Soccer gives students the opportunity to get behind the sport they love with modules on soccer ball design, throw-in science, angles, and goal-line technology.

Skyhawks Multi-Sport Camp

Dates: Mon-Fri, 7/20-7/24

Ages: 7-12

Time: 9:00am-12:00pm

Location: Summer St. Field

Cost: \$189

Skyhawks Multi-Sport programs are designed to introduce athletes to a variety of sports in one setting. Athletes will learn the rules and essentials of Baseball, Basketball and Soccer through skill-based games and scrimmages.

Skyhawks Mini-Hawk Camp

Dates: Mon-Fri, 7/20-7/24

Ages: 4-6

Time: 9:00am-12:00pm

Location: Summer St. Field

Cost: \$189

Skyhawks Multi-Sport programs are designed to introduce athletes to a variety of sports in one setting. Athletes will learn the rules and essentials of Baseball, Basketball and Soccer through skill-based games and scrimmages.

Skyhawks Outdoor Volleyball Camp

Dates: Mon-Fri, 8/3-8/7

Ages: 7-12

Time: 9:00am-12:00pm

Location: Summer St. Field

Cost: \$189

All aspects of volleyball are taught through drills and exercises that focus on passing, setting, hitting, and serving. Our coaches will assist boys and girls in developing skills through game-speed drills and daily matches.



Amazing Athletes

Dates: Session 1: Saturdays, 7/11-8/1

Session 2: Saturdays, 8/8-8/29

Ages:

3-4

2-3

4-5

Time:

9:00am-9:45am

9:50am-10:30am

10:35am-11:25am

Location: Ottoson Lower Field

Cost: \$100

Our fun, active classes encourage kids to explore and develop a variety of athletic skills through the introduction of 10 different sports. Coaches break the fundamentals of each sport down into simple steps based on each child's age and ability. The goal is to create a fun environment that establishes life-time connections to sports and physical activity.



Super Soccer Stars

Dates: Session 1: Sundays, 7/12-8/2

Session 2: Sundays, 8/9-8/30

Ages:

1-2

3-4

2-3

4-5

5-7

Time:

8:30am-9:15am

9:20am-10:05am

10:10am-10:50am

10:55am-11:45am

11:50am-12:50pm

Location: Ottoson Lower Field

Cost: \$100

Our fun, active classes encourage kids to explore and develop a variety of athletic skills through the introduction of 10 different sports. Coaches break the fundamentals of each sport down into simple steps based on each child's age and ability. The goal is to create a fun environment that establishes life-time connections to sports and physical activity.

ARLINGTON COMMUNITY ORGANIZATIONS

Arlington Babe Ruth Baseball Association (ABA)

www.arlingtonbb.org Arlington Babe Ruth Baseball Association is a non-profit organization that offers baseball to players between the ages 13-19. The program is designed to allow the players to learn and advance their skills in an environment where fair play and competition is encouraged, so as to advance them into mature young adults on and beyond the fields of baseball. Our spring program offers two levels of competitive play. We then move into the summer program with teams who play against some surrounding towns. The fall comes and we have teams who are made up of current and new players. It is a great transition for the recent Cal Ripken grads to get a taste of the "big diamond." Games are against surrounding towns. In addition to our regular programs, we offer a more competitive AAU alternative at a cost that is generally less than other AAU programs. This AAU alternative allows players the opportunity to get more workouts and to play at a more competitive level against other AAU teams. Finally, we offer a program for our older kids (15-19) in the very competitive Middlesex League.

Arlington Hockey Club (AHC)

www.arlingtonice.com The Hockey Club offers a high quality, affordable opportunity for children to play hockey from ages 5 & up. We provide age-appropriate and skill-appropriate player development. Our coaches strive to build foundational skills as part of our travel, developmental and in-house programs, which enables us to have a strong, sustainable program. Please visit our website to learn more about hockey in Arlington.

Arlington Soccer Club (ASC)

www.arlingtonsoccerclub.com The Arlington Soccer Club provides an opportunity for kids in Arlington to learn, play and love the sport of soccer through individual skills development, fitness, teamwork, and sportsmanship. We have 1,900 players, ranging from pre-K through high school, and over 300 coaches. We offer both a spring and fall season for players of all skill levels, ranging from the recreational to Division 1 players. We offer in-town leagues for our younger players, pre-K through 4th grade. Our older teams participate in the BAYS soccer league and travel to other towns for games. We also employ local referees to officiate our games. For more details about the various programs we offer, or to register your child to play with our club, please visit our website.

Arlington Town Tennis Association (ATTA)

www.arlingtontowntennis.com Do you play tennis? Would you like to meet others who play tennis? The mission of the Arlington Town Tennis Association (ATTA), a non-profit organization is to promote and support the sport of tennis for all ages in the town of Arlington. The ATTA will strive to collaborate with other town organizations in the promotion of its mission. ATTA is a volunteer organization. Visit our web site to learn more about the ATTA and become a member. You do not need to be a member to sign up for the ATTA newsletter, or events. ATTA is a great way to meet others who play tennis.

Arlington Youth Baseball and Softball (AYBSA)

www.aybsaonline.org The Arlington Youth Baseball and Softball Association is a non-profit organization for Arlington children who enjoy the game of baseball, centered on the ideals of good sportsmanship, honesty, loyalty, courage and respect. Our program offers spring, summer and fall baseball and softball programs to 1,100 kids from ages 5-14 years old. The League is intended to teach basic skills including throwing, hitting, catching flies, fielding grounders, and base running. We also offer umpire opportunities to our graduating players 12 years of age or older. For more details about the various programs we offer, or to register your child to play, please visit our website.

Arlington Youth Lacrosse (AYL)

www.arlingtonlax.usl.la Arlington Youth Lacrosse is a volunteer-based organization comprised of student-athletes, parents, coaches and supporters that provides opportunities for Arlington's boys and girls to learn about the game of lacrosse, to develop their skills through practice and competition, and to enjoy the camaraderie associated with team play. We welcome everyone regardless of skill level or experience, and offer in-town and travel-based spring programs for students ranging from Grades 1-8. We are excited to have an organization that has fostered the incredible expansion of lacrosse in Arlington, and we look forward to providing an ever-growing number of our youth with opportunities to learn and participate in the fastest growing sport in the country.

ARLINGTON PARKS, FIELDS & FACILITIES

Bishop Field: Located at Bishop School on 25 Columbia Road. Park has a softball/ little league field, open field area used for soccer, hardtop basketball area, and a playground.

Brackett School: 66 Eastern Avenue. Playground and a hardtop basketball area.

Buck Field: 422 Summer Street. Park has a softball/little league field, access to bike path.

Buzzell Field: 229 Summer Street. Area has two little league/ softball fields, a playground, picnic tables, a basketball court, and access to bike path.

Crosby School/Tennis Courts: Winter Street . Area has tennis courts, pickleball courts, a playground, and a medium green space.

Cutter School Park: Between Robbins Road and School Street. Area has a playground.

Ed Burns Arena: 422 Summer Street. An indoor ice facility, regulation size rink, spectator seating for 1,085 people, complete snack bar, vending machines, skate rentals and skate sharpening.

Florence Field: 185 Florence Avenue. Area has a little league/ softball field, green space, playground, and basketball area.

Gibbs Gym: 41 Foster Street. Area has a basketball court.

The Great Meadows: Area is owned by the Town of Arlington. It is located between two the Waldorf School and Lexington Christian Academy. Area has walking trails.

Hibbert Playground: Hibbert Street. Area has a playground.

Hill's Hill Field: 422 Summer Street. Open field for various sports or activities, with access to bike path, and a playground.

Hurd Field: Located on Drake Road behind Trader Joes. Area has two softball/little league fields, large open field, as well as access to bike path and the Reservoir.

Locke School Playground: David Road behind Locke School condos.

Lussiano Field: North Union Street. Area has a playground, basketball court, picnic tables, softball/little league field, baseball field, and a big open field used. The spray park located here is open from June to August.

Magnolia Field: On Herbert & Magnolia Street. Area has a playground, basketball court, a large open field, community gardens area, and access to the bike path.

McClennen Park: Summer Street, Lexington line. Area has playground, skate park, walking trail, soccer fields, and little league field.

Menotomy Rocks Park: Jason Street. Area has open green spaces, picnic area, playground, walking trails and fishing.

Ottoson Middle School: 630 Acton Street. Area has a softball/little league field in back and practice area in front.

Parmenter Park: 17 Irving Street. Area has a playground and a basketball court.

Peirce School: 85 Park Avenue Extension. Area has a playground, basketball court, and green space. Parking available after 3:00pm.

Poet's Corner: 175 Dow Avenue. Area has a playground, softball/ little league field, and basketball courts.

Reservoir Beach: Lowell Street. Seasonal beach & concession stand. Year-round playground and walking path.

Robbins Farm: 166 Eastern Avenue. Area has a baseball diamond, large green space, basketball court, pickleball court, playground, summer-time movies in the park, and a 4th of July celebration.

Robillard Field: 422 Summer St. Area has a baseball diamond.

Robbins Library: 700 Mass Ave. Area has a playground and a small green space.

Scannell Field: 90 Linwood Street. Area has a softball/little league field and access to the bike path.

Spy Pond Field: 66 Pond Lane. Area has a baseball diamond, little league field, a large open field, five full-size tennis courts and one tennis mini-court.

Spy Pond Park: Pond Lane. The area has a playground, boat ramp and access to bike path.

Stratton School: 180 Mountain Avenue. Area has a playground, basketball court, and a small green space.

Summer Street: 422 Summer Street. Area has an outdoor exercise park, basketball court, baseball diamond (Robillard Field), large open field used, and access to the bike path.

Thorndike Field/Off-Leash Dog Park: Margaret Street. Area has fields for soccer & lacrosse, Off-Leash Dog Park, and access to the bike path.

Turkey Hill: Dodge Street. Passive recreation and trails.

W. A. Peirce Turf Field: 869 Mass Ave. A turf field, six-lane track, baseball field, softball/little league field, multi-purpose practice field, and basketball courts.

Waldo Park: Teal Street. Area has playground, basketball court and small open area for play.

Wellington Park: Grove Street. Area has tennis courts, climbing wall and passive recreation area.

Whittemore Robbins House: 700 Mass Ave. Area has a playground and a small green space.

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